

1. “Are you the same person as you were from 12 months ago?”

2. Fasting is a temporary act of self-denial. There are many ways you can fast.

According to pastor and author Sam Storms, there are several different types of fasting from food or drink you can try.

- **Regular fast:** A regular fast is when you abstain from all food and drink except for water (Matthew 4:2).
- **Partial fast:** This is a type of fasting that involves abstaining from a particular type of food. Daniel’s diet while he was in Babylon is an example (Daniel 10:3). One popular type of partial fast is a liquid fast, removing certain types of drinks from your diet. This might include alcohol, caffeine, or soda. Another form of partial fast is abstaining from one particular meal each day.
- **Absolute fast:** An absolute fast is when you abstain from food and drink of any kind. You should only do this for a short period of time. Going longer than three days without eating or drinking can be dangerous.
- **Supernatural fast:** There have been instances when God enabled someone to fast in ways that they could not do on their own. Moses abstaining from food and water for 40 days (Deuteronomy 9:9) is an example of this type of fasting in the Bible.

Psalm 63:1-5

3. What does your soul thirst for?

4. Why should you fast?

- It's Biblical - examples abound from Moses, Jesus, Daniel and King David.
 - Deut 9:18-19, Ex 34:28, Dan 1,9, Mt 4:2, Ps 69:10
- Fasting and prayer can restore or strengthen your intimacy with God.
 - Many longtime Christians find that fasting helps them rediscover their “first love” for God again.
- Fasting is a way to humble yourself in the sight of God. (Ps 69:10, Ez 8:21 Ps 35:13)
 - You may find yourself relying on God more fully for strength when you fast.
- Fasting and prayer can help us hear God more clearly.
 - It helps us to be spiritually focused
 - Fasting helps us to connect with Heavenly priorities
- Fasting enables the Holy Spirit to reveal your true spiritual condition.
 - When you see your own brokenness more clearly, you’re able to move toward repentance.
- When you experience revival in your own life through fasting, the grace and love of God can shine through you into the lives of others.

5. KAIROS vs CHRONOS time

6. Some fasting guidelines:

1. First set a time and date to seek the face of God.
2. Ensure you abstain from eating that morning of your fasting
3. Go to a quiet place or in your room **away from any distraction**
4. Switch off your mobile phone or put in silence and store it away from you
5. Start by worshiping and praising God.
6. Go on your knees before God and **first repent** of your sins
7. When praying, abstain from shouting so no one else knows that you are fasting and praying

Mt 6:17-18: *But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.*

8. When praying avoid vain repetitions just like the heathens do.

Mt 6:7-8: *And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask*

9. When fasting, humble yourself before God Almighty

Fasting is not the place for you to be asking God for wealth or riches. Rather pray to God for wisdom, open encounter, pray for vision, pray for divine direction, pray for God to kill any sinful habit in your life, things like sexual immorality, evil thoughts in your heart, selfish desires that stumble you.